

## Hope Davey

My name is Hope Davey. I love all things health and fitness! I've been a personal trainer for 7 years and decided to go back to school to further my knowledge about the human body. I am a recent transfer student majoring in Kinesiology, and plan to continue on at Purdue to complete a Masters of Public Health. I value the opportunities that Purdue offers. In my first year here I've been asked to collaborate and do research at 2 very different labs which will give me a broad range of experiences.

As a non-traditional student, the hardest part has been getting back into a rhythm of studying and reading. Thinking about school as an investment and a full time job has helped me shift that mindset.

Some advice I would give to my peers would be to reach out to your advisor whenever you have a question or concern, start study groups, and don't be afraid to ask questions in class. Also, find a lab to do research in! It looks good on a resume, and the experience you will gain is priceless.

